

CARMEN FORTNEY  
HHS - EDUCATOR

# PURDUE EXTENSION HHS AUTUMN NEWSLETTER



## THE CRUNCH HEARD AROUND THE WORLD!

JOIN ME SATURDAY OCTOBER 21, 2023 FOR THE GREAT APPLE CRUNCH DAY. THIS EVENT WILL TAKE PLACE AT THE JASPER COUNTY FAIRGROUNDS STARTING AT 11:00 AM. WE WILL LEARN SOME COOL FACTS ABOUT APPLES, DO A SCIENCE EXPERIMENT, AND MAKE A TASTY RECIPE. WE WILL END THE EVENT BY TAKING A BITE OF AN APPLE AT THE SAME TIME. REGISTRATION IS REQUIRED FOR THIS FAMILY EVENT USING THE LINK BELOW OR THE QR CODE IN THIS NEWSLETTER. DEADLINE TO REGISTER IS OCTOBER 13TH TO ENSURE I HAVE PLENTY OF APPLES FOR EVERYONE. I HOPE TO SEE YOU THERE!

[HTTPS://PURDUE.CA1.QUALTRICS.COM/JFE/FORM/SV\\_3WJOYK4MYZ4IVRO](https://Purdue.ca1.qualtrics.com/jfe/form/sv_3WJOYK4MYZ4IVRO)

## JASPER COUNTY WELLNESS WALK

Join us every Friday through October 27th at Brookside Park for the Jasper County Wellness Walk. Each week, I or a special guest will discuss short topics such as Medicare updates and RSV prevention and then we will walk 1 mile around the park. We meet at 10:30 am under the pavilion near Bunkum Rd. I hope to see you there!

## SERVSAFE

SERVSAFE IS SCHEDULED FOR DECEMBER 11TH AT 9:00 AM. REGISTER FOR THIS CLASS AT [HTTPS://CVENT.ME/9YLX8A](https://cvent.me/9YLX8A) THE DEADLINE TO REGISTER WITHOUT A LATE FEE IS DECEMBER 4TH.

## TRUNK OR TREAT

JASPER COUNTY EXTENSION IS PARTICIPATING IN THE RENSSELAER CARE CENTER TRUNK OR TREAT. COME ON OUT TO SEE US, SAY HI AND GET SOME CANDY! WE HOPE TO SEE YOU AND THE KIDDOS IN YOUR AWESOME COSTUMES IN TIME FOR HALLOWEEN!



## FINANCIAL LITERACY CLASSES

I AM OFFERING A NUMBER OF FINANCIAL LITERACY CLASSES FOR THE REMAINDER OF THE YEAR. CURB YOUR URGE TO SPLURGE IS SCHEDULED FOR OCTOBER 20TH AT 5:00PM AT THE EXTENSION OFFICE. WHEN YOUR INCOME DROPS WILL BE HELD ON NOVEMBER 11TH AT 10:00 AM. LASTLY, WHERE DOES YOUR MONEY GO? WILL BE OFFERED A 2-PART SERIES ON DECEMBER 4TH AND 18TH. ALL CLASSES WILL BE HELD AT THE EXTENSION OFFICE LOCATED AT 2530 N. MCKINLEY AVE IN RENSSELAER. REGISTRATION IS REQUIRED. PLEASE USE THE LINK BELOW OR THE QR CODE IN THIS NEWSLETTER.

[HTTPS://PURDUE.CA1.QUALTRICS.COM/JFE/FORM/SV\\_3WJOYK4MYZ4IVRO](https://PURDUE.CA1.QUALTRICS.COM/JFE/FORM/SV_3WJOYK4MYZ4IVRO)

## CHARCUTERIE ANYONE?

I AM CONDUCTING CHARCUTERIE BOARD CLASSES AT THE WHEATFIELD AND REMINGTON LIBRARIES. COME OUT AND LEARN THE HISTORY BEHIND CHARCUTERIE, FOOD SAFETY, AND MAKE YOUR OWN HOLIDAY THEMED BOARD. THE CLASS IN WHEATFIELD IS SCHEDULED FOR NOVEMBER 3RD AND REMINGTON IS SCHEDULED FOR NOVEMBER 18TH. IF YOU ARE INTERESTED IN THIS CLASS, CONTACT YOUR RESPECTIVE LIBRARIES TO REGISTER. PLEASE NOTE, THERE IS A COST ASSOCIATED WITH THIS CLASS.

## PLANT-BASED EATING

IF YOU HAVE BEEN THINKING ABOUT CONSUMING MORE FRUITS AND VEGETABLES, THEN THIS CLASS IS FOR YOU! PLANT-BASED EATING IS A 1-HOUR PROGRAM ABOUT THE POPULARITY OF PLANT-BASED EATING, THE HEALTH BENEFITS AND THE CHALLENGES TO FOLLOWING A PLANT-BASED DIET.

THIS CLASS IS SCHEDULED FOR NOVEMBER 7TH AT 5:00 PM AND WILL BE HELD AT THE EXTENSION OFFICE. REGISTRATION IS REQUIRED. PLEASE USE THE LINK BELOW OR THE QR CODE IN THIS NEWSLETTER.

[HTTPS://PURDUE.CA1.QUALTRICS.COM/JFE/FORM/SV\\_3WJOYK4MYZ4IVRO](https://PURDUE.CA1.QUALTRICS.COM/JFE/FORM/SV_3WJOYK4MYZ4IVRO)

## FOOD BUDGETING AND MEAL PLANNING

THIS CLASS IS IDEAL IF YOU ARE IN A MEAL RUT AND/OR YOUR FOOD DOLLARS NEVER SEEM TO BE ENOUGH. COME TO THE EXTENSION OFFICE ON NOVEMBER 15TH TO LEARN HOW TO STRETCH YOUR FOOD BUDGET AND THE BENEFITS OF MEAL PLANNING. ATTENDEES WILL BE ENTERED INTO A DRAWING FOR A FREE MEAL PLANNER. REGISTRATION IS REQUIRED. PLEASE USE THE LINK BELOW OR THE QR CODE IN THIS NEWSLETTER.

[HTTPS://PURDUE.CA1.QUALTRICS.COM/JFE/FORM/SV\\_3WJOYK4MYZ4IVRO](https://PURDUE.CA1.QUALTRICS.COM/JFE/FORM/SV_3WJOYK4MYZ4IVRO)

**PURDUE EXTENSION**